

# A recipe for making Ancient Roman bread

## Ingredients

2 sachets fast-rising dry yeast

2½ cup tepid water

1 cup whole-wheat flour

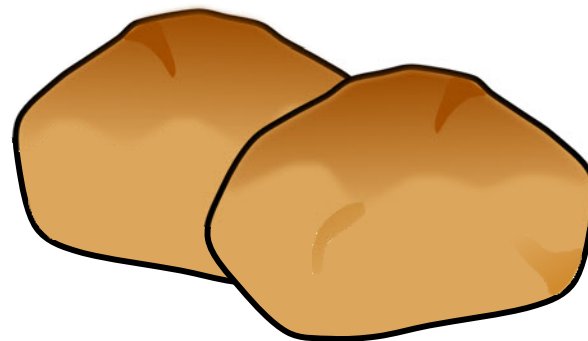
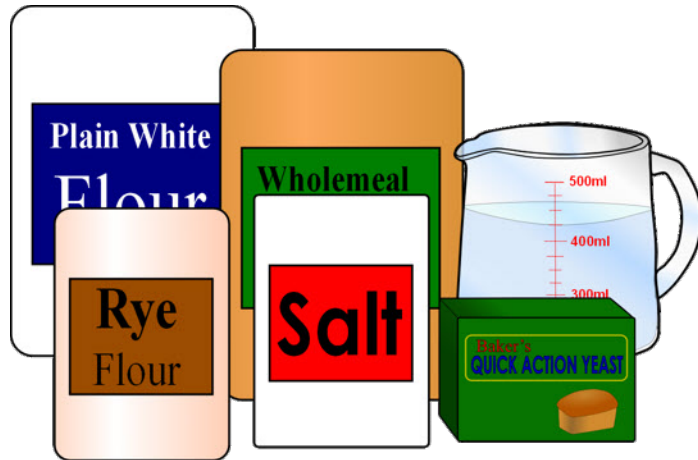
½ cup rye flour

Unbleached white flour to make up 950g total weight

1 teaspoon salt mixed with 1 tablespoon water

Cornmeal for baking sheet

**Makes: 2/3 loaves**



## Equipment

3 bowls

Weighing scales

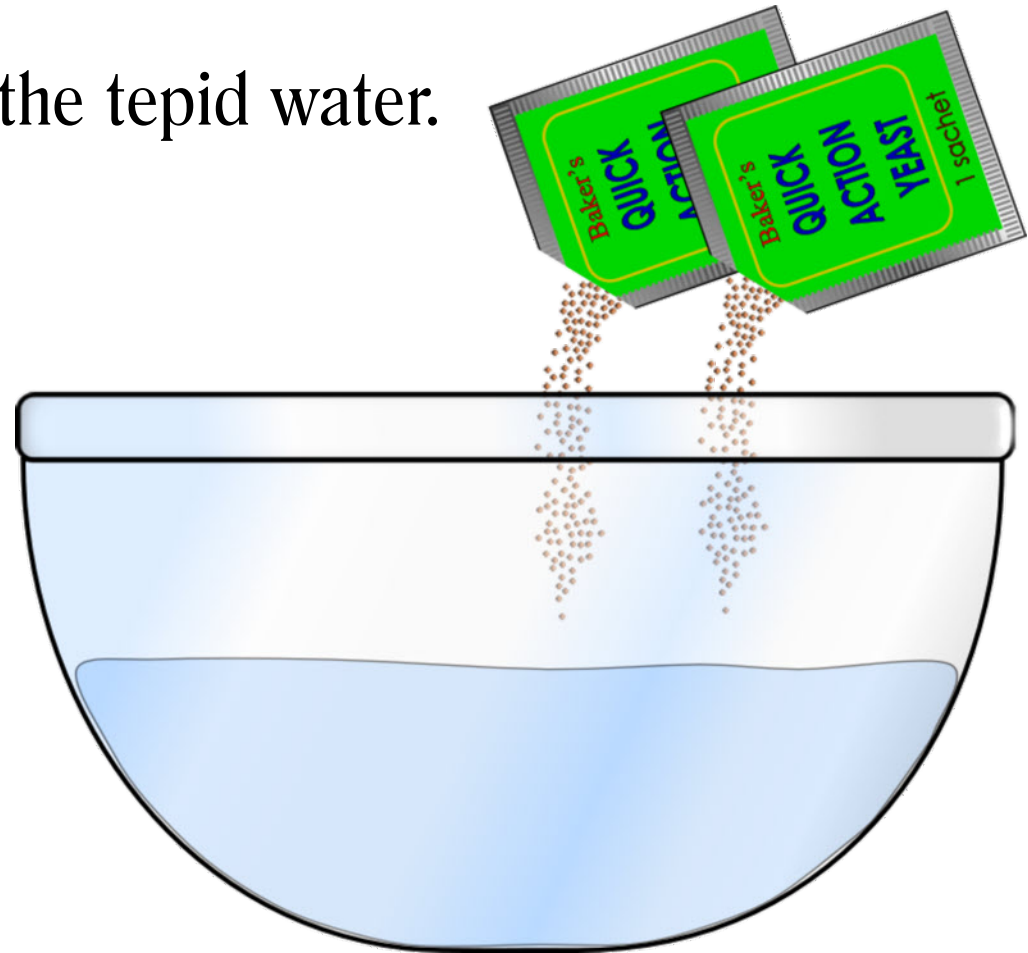
Wooden spoon

Damp cloth

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## Step I

Dissolve the dried yeast in the tepid water.

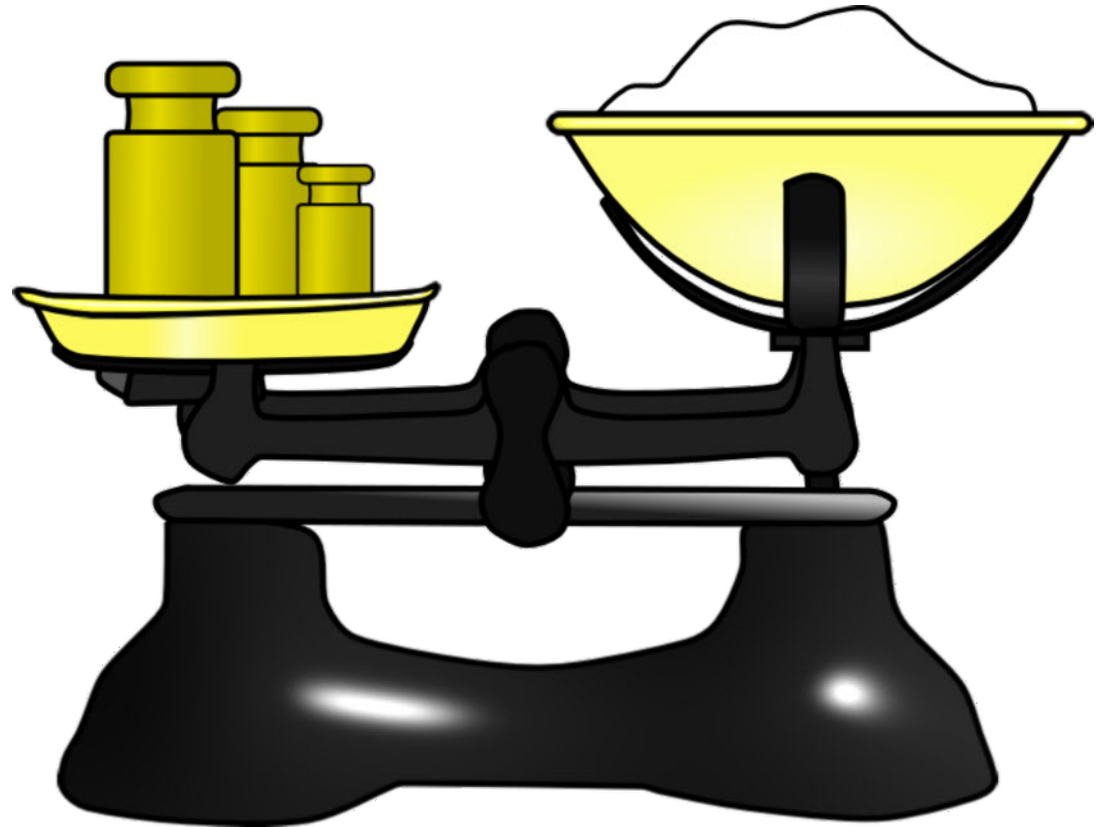


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## Step II

Put the whole-wheat and rye flour into a weighing bowl.

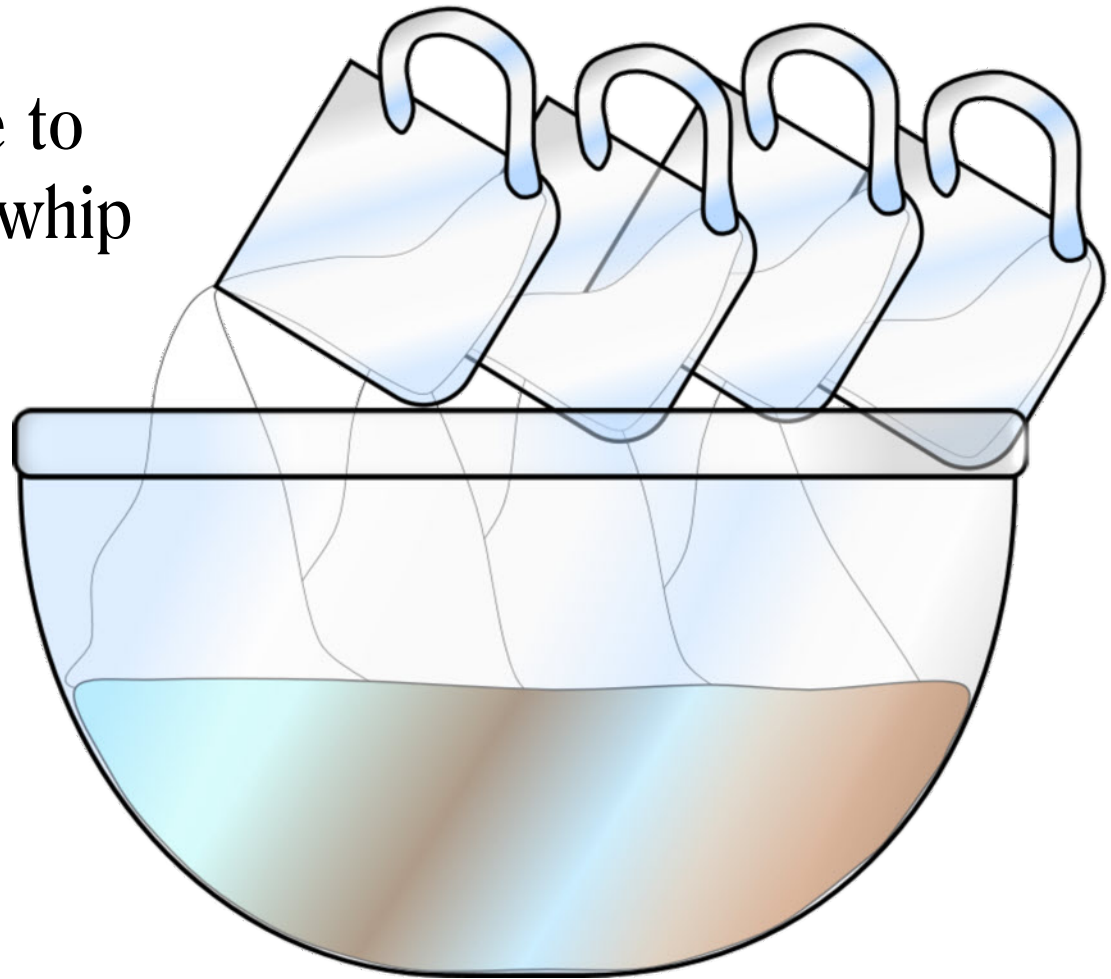
Then make up the weight with white flour.



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## Step III

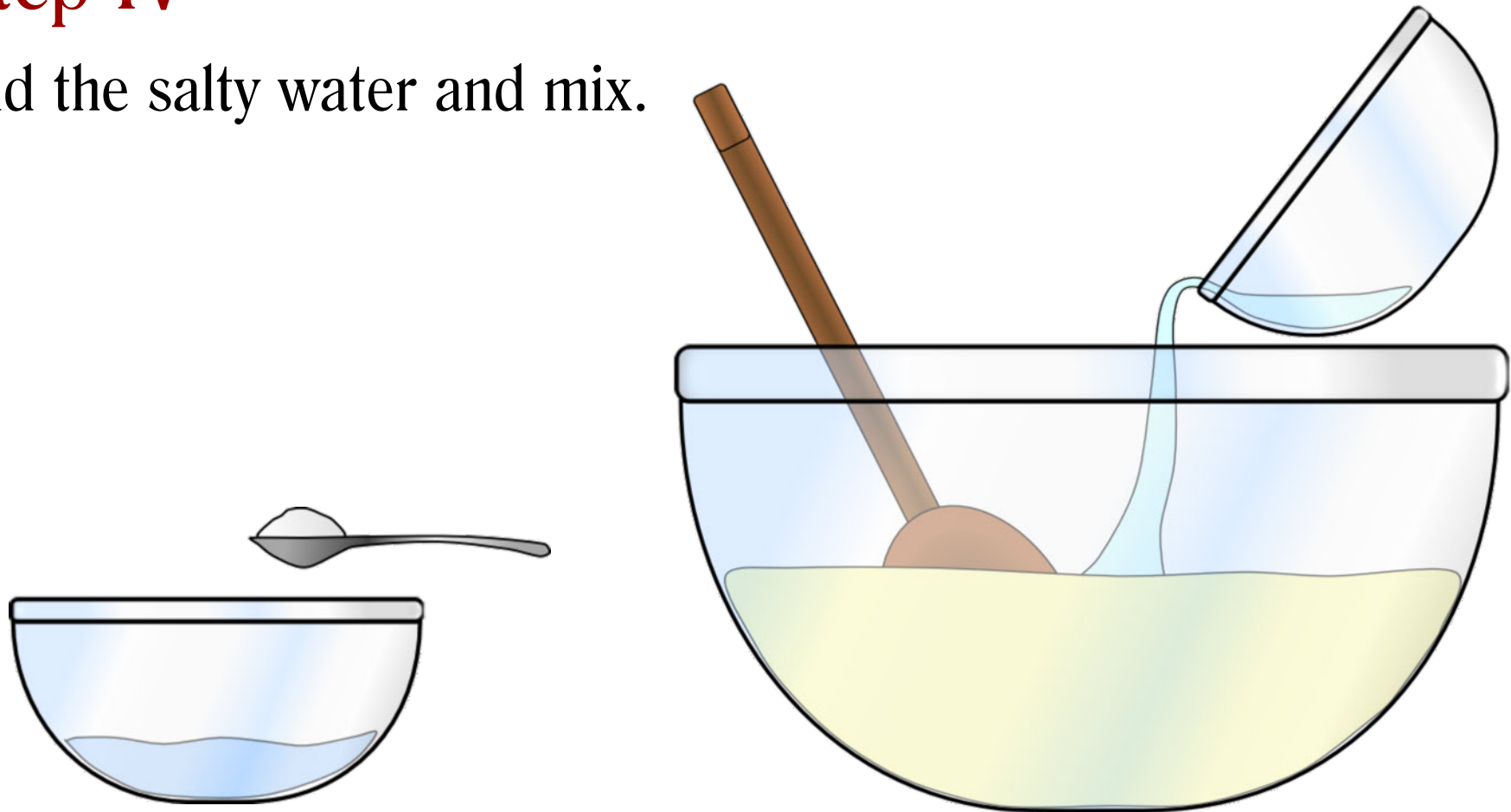
Add 4 cups flour mixture to the water and yeast and whip for around 10 minutes.



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## Step IV

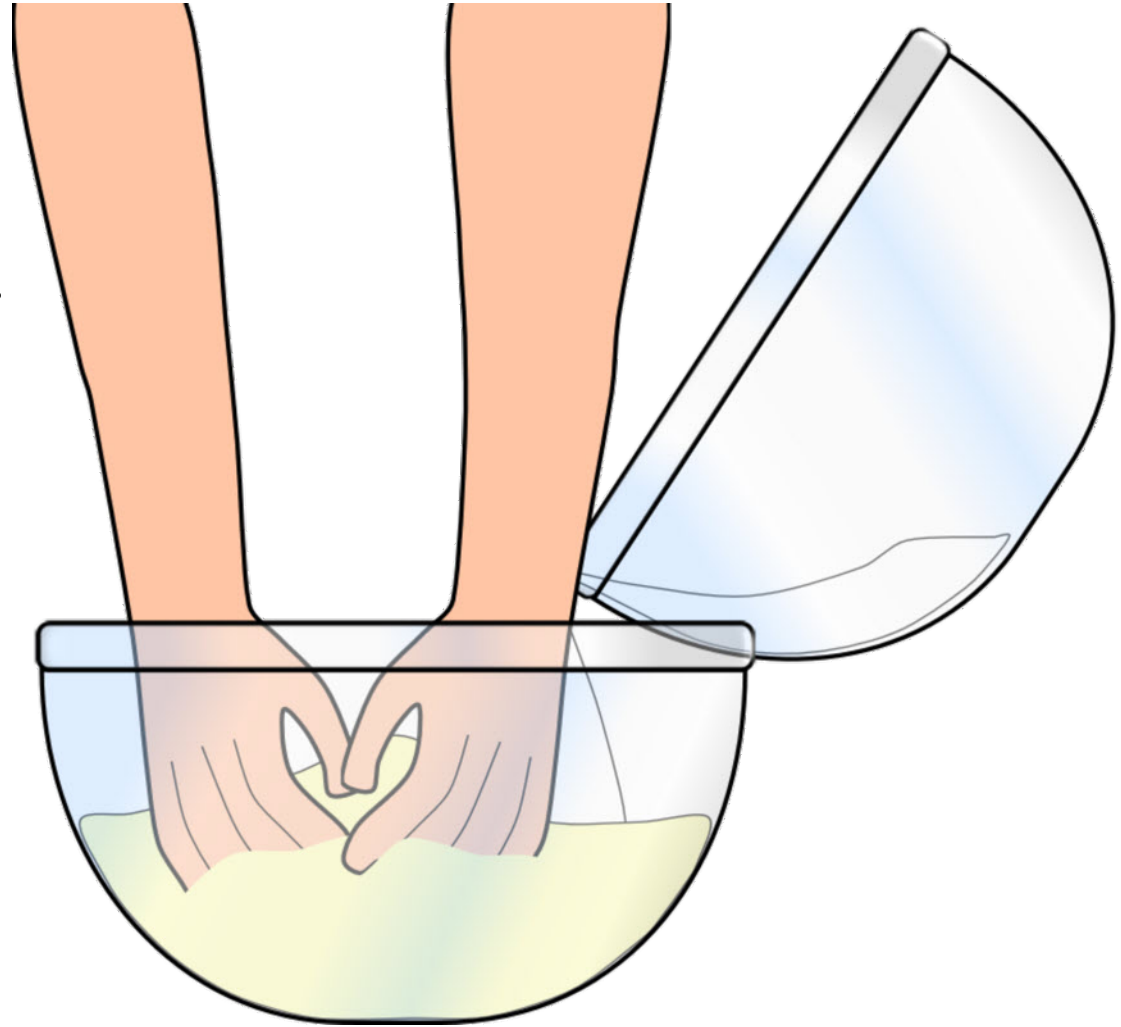
Add the salty water and mix.



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## Step V

Add the remaining flour and mix to form a dough.

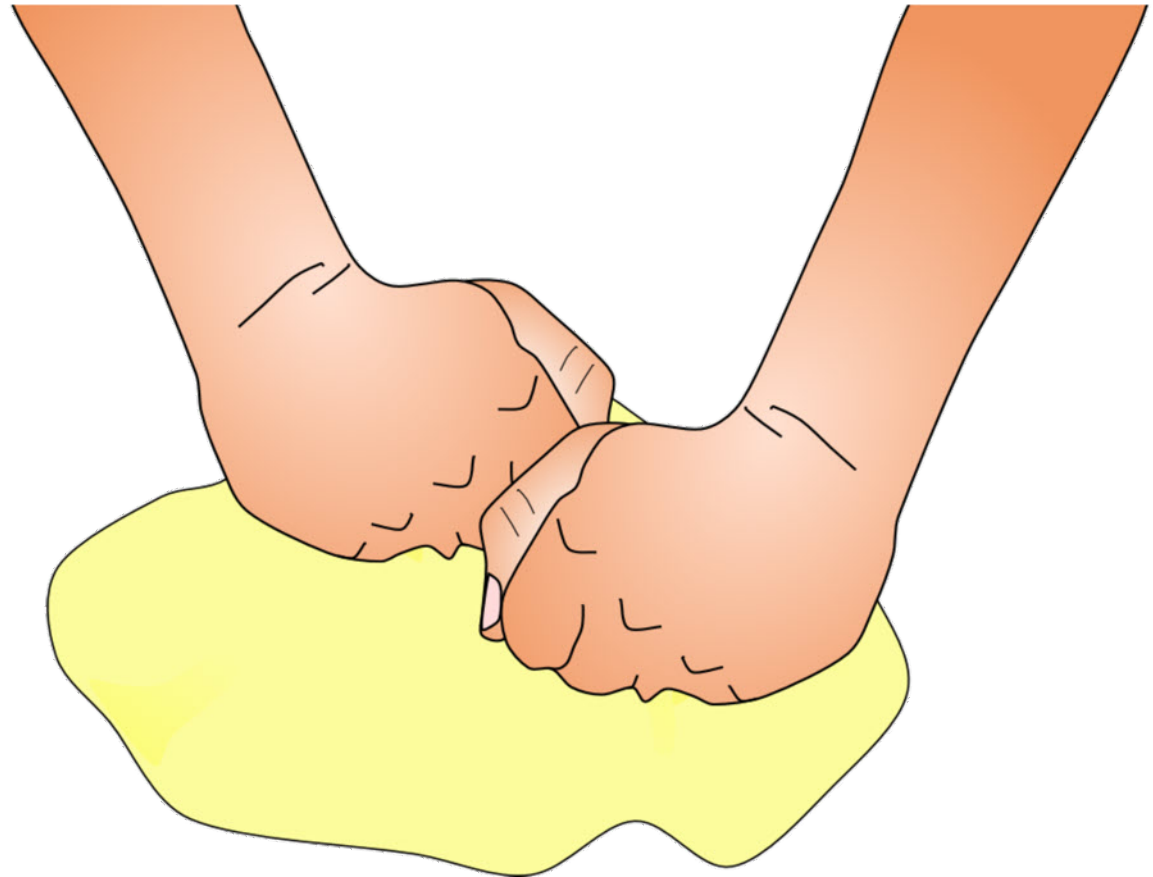


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## Step VI

Remove the dough from the bowl and place on a floured board.

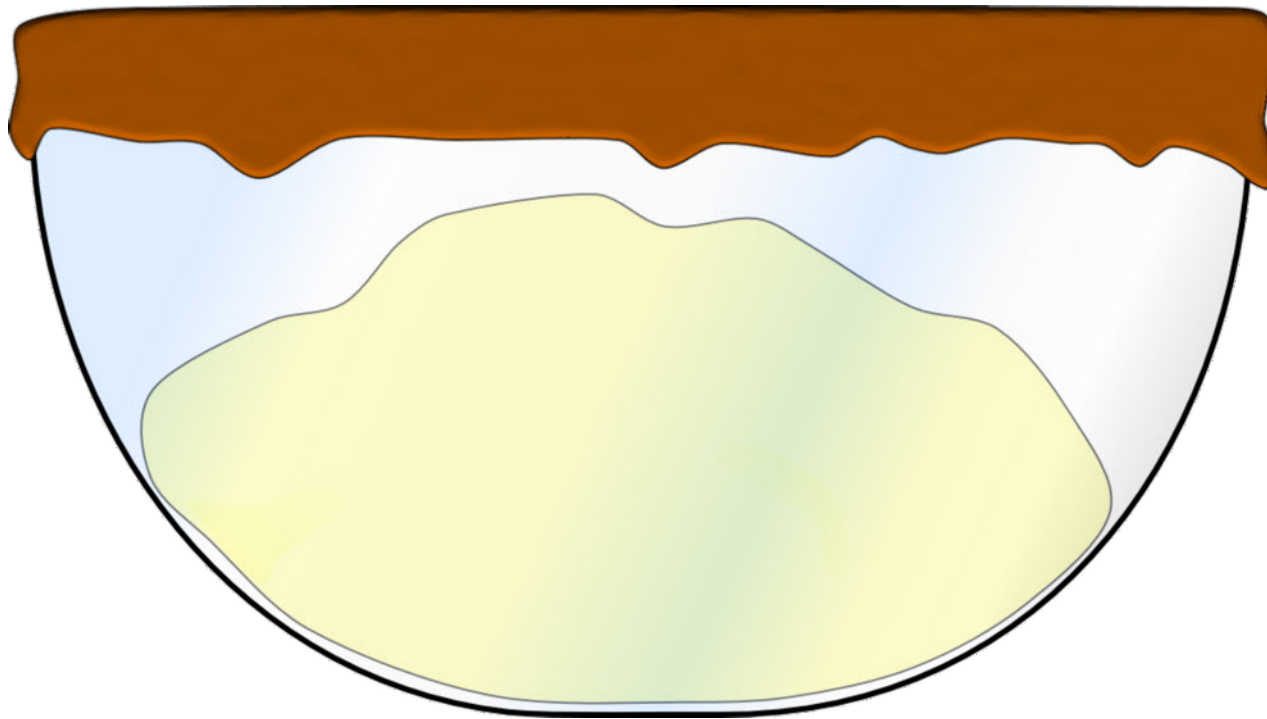
Knead until smooth and elastic.



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## Step VII

Put the dough in a bowl and cover with a damp cloth. Leave the dough in a warm place to rise.

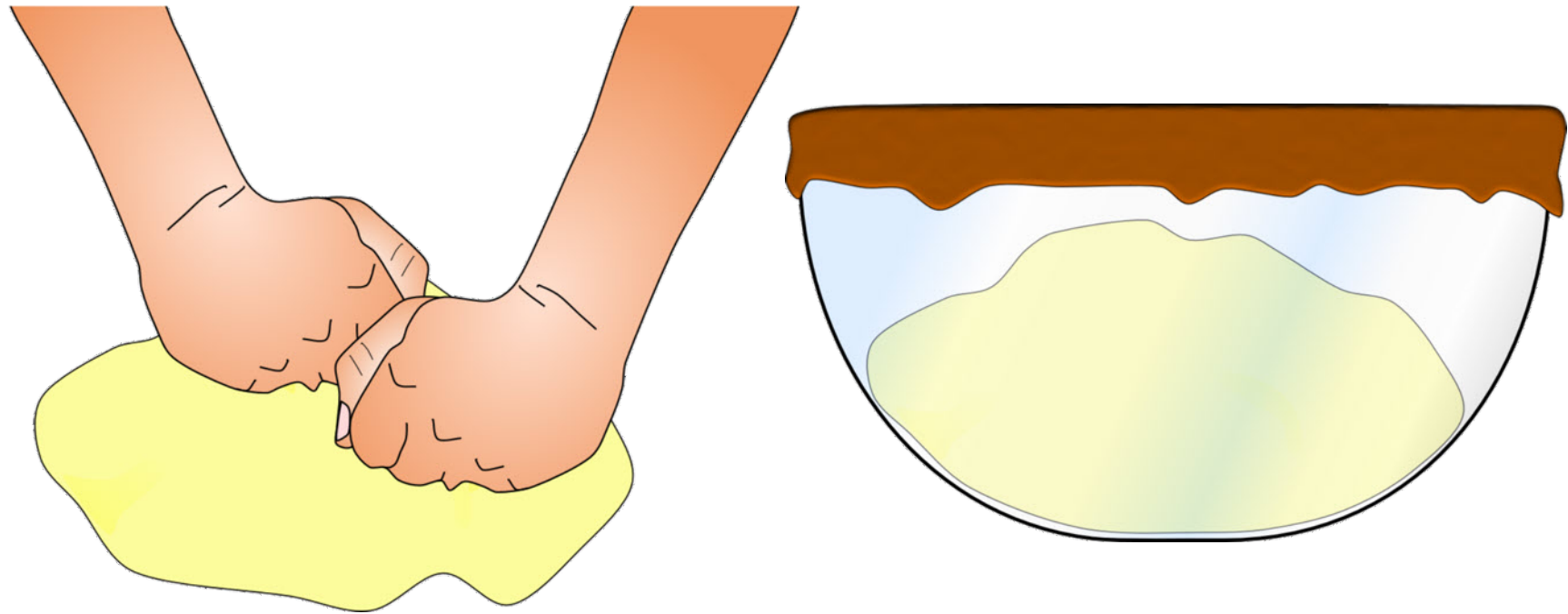




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## Step VIII

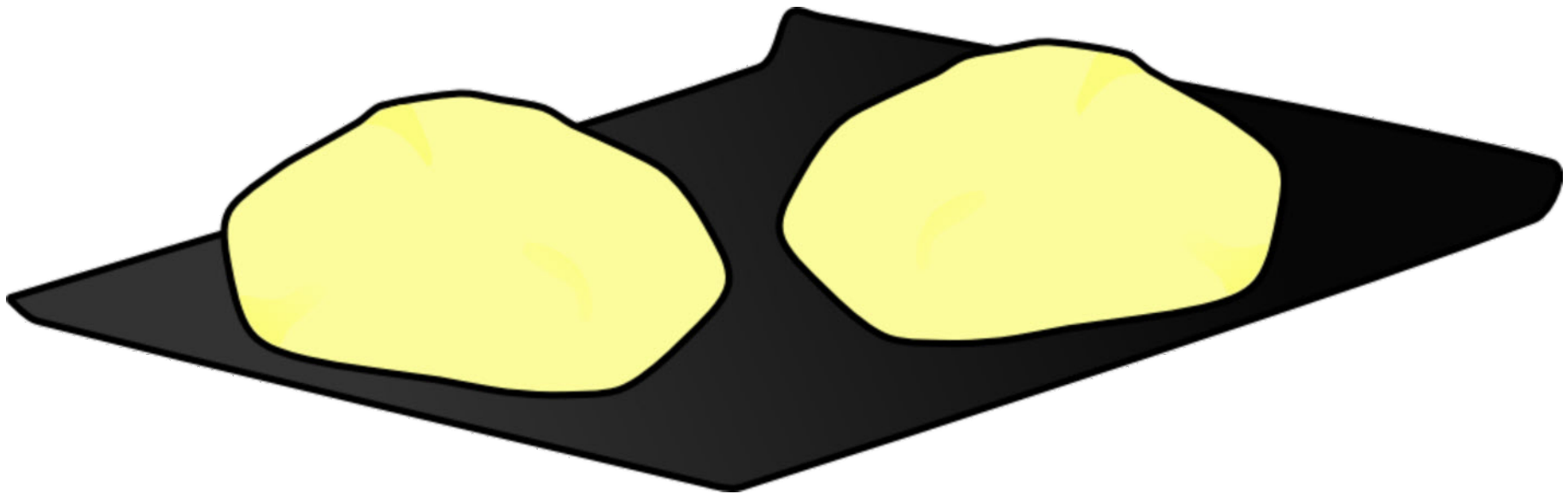
Take the risen dough from the bowl and punch it down before allowing it to rise a second time.



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## Step IX

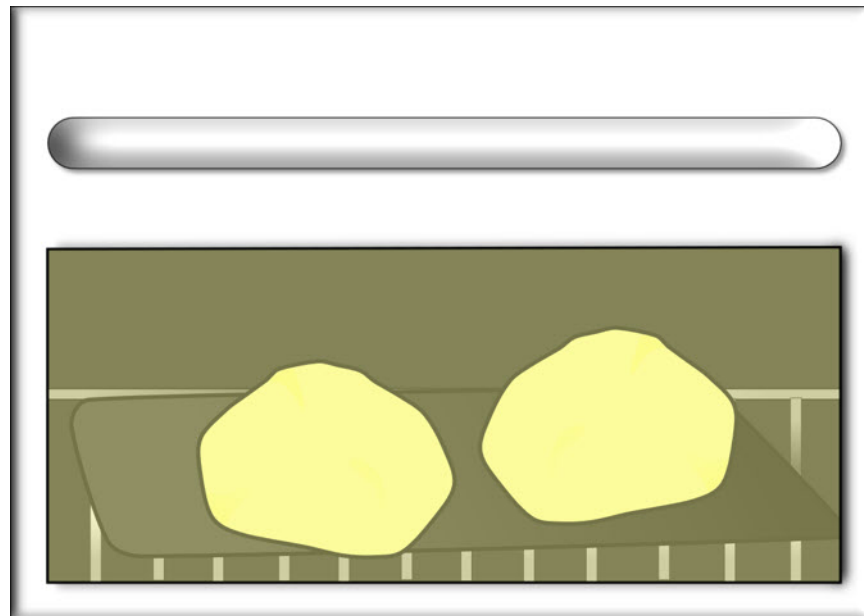
Punch it down once more and split to form 2 or 3 small loaves. Then place the loaves onto a baking sheet that has been dusted with cornmeal and allow them to rise until double the size.



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## Step X

Bake in an oven at 230°C (450°F or Gas Mark 8) for 25 minutes, or until the crusts are browned. The loaves should sound hollow when tapped on the bottom.



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## Step XI

Allow to cool before slicing and serving.

